

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Heat Illnesses

When the weather gets really hot, it's fun to play outside, swim, or ride your bike. But did you know that your body can get too hot? That's called a heat illness, and it can be dangerous if you don't cool down fast. Heat illness happens when your body gets too hot and can't cool down. This can happen when it's sunny, humid, or you're running around a lot. If you don't drink enough water or take breaks in the shade, your body can overheat. There are different kinds of heat illness according to the Center for Disease Control and Prevention:



Heat cramps – Muscle cramps or pain, usually in your arms, legs, or stomach.

Heat exhaustion– You feel weak, dizzy, or very tired. You might feel sick to your stomach.

Heat stroke – This is the most dangerous. You stop sweating, your skin feels hot, and you may feel confused or even faint. Heat stroke is a medical emergency.

Signs of Heat Illness

According to the Mayo Clinic these can be signs to look out for: Headache, nausea, dizziness or confusion, muscle cramps, red, hot skin, not sweating, even when hot and a fast heartbeat,.

Here are some ways to prevent heat illness as suggested by the American Academy of Pediatrics:

1. Drink water often – Even if you're not thirsty.
2. Take breaks – Rest in the shade or inside with a fan or air conditioner.
3. Wear light clothes – Choose loose, light-colored clothing.
4. Avoid the hottest part of the day – Usually mid-morning till mid-afternoon.
5. Never sit in a hot car – Even for a few minutes.

July Issue
2025

July 4th -
Independence
Day

*If not us,
who?*

*If not now,
when?*

*-John F.
Kennedy*

In this Issue:

Succession Planting

Succession planting is a gardening technique where you plant a series of crops, either the same or different, in the same space over a growing season to ensure a continuous harvest. Instead of planting everything at once, you stagger planting times or choose varieties with different maturity dates to extend the harvest period. Soil is warm and daylight is long—perfect for fast-growing fall plants.

Here are great veggies, herbs, and flowers to plant in Southeast Ohio in July: **Vegetables:** Bush beans, Pole beans, Summer Squash/Zucchini, Cucumber, Peppers and Tomatoes. **Herbs:** Basil, Cilantro, and Dill. **Flowers:** Sunflowers, Zinnias, Marigolds, and Calendula.

Helpful Tips

1. SE Ohio's first frost is middle to late October.
2. Water daily: July can be hot and dry.
3. Mulch to keep moisture and cool soil.
4. Add compost before planting for healthy growth.

Keep sowing every 2–3 weeks for a continuous harvest.

Need a Mammogram?

According to the Center for Disease Control and Prevention (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Service Task Force recommends that average risk women who are 50-74 years old should have a screening mammogram every two years. Mammograms are covered by most health insurance programs. If you are worried about the cost or don't have health insurance, the Breast and Cervical Cancer Project may be able to help. To see if you qualify call 1-800-236-6253. The Ohio State University Mammography mobile van will be at the Noble County Health Department on August 25th and September 29th. To schedule an appointment, call Tammy at 740-732-4958.

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For more health
information contact:
**NOBLE COUNTY
HEALTH
DEPARTMENT**
740-732-4958
www.noblecohd.org

Stay Safe in the Sun: July is UV Safety Month

Did you know the sun gives off rays that can hurt your skin and eyes? These are called ultraviolet (UV) rays, and July is UV Safety Month—a time to learn how to protect ourselves while having fun in the sun!

What Are UV Rays?

These are invisible rays from the sun that can cause sunburns, skin damage, and even skin cancer. UV rays can also hurt your eyes and make them feel sore or dry. Even on cloudy days, UV rays can reach your skin. That's why it's important to protect yourself every time you go outside.

Here are some easy ways to stay safe from UV rays:

- Wear sunscreen: Choose one with SPF 30 or higher. Don't forget to put it on your face, neck, and ears!
- Wear a hat: A wide-brimmed hat can protect your face and neck from the sun.
- Put on sunglasses: Look for ones that say "UV protection" to help keep your eyes safe.
- Stay in the shade: Try to stay out of the sun between 10 a.m. and 4 p.m. when UV rays are strongest.
- Wear long sleeves and pants: Light, loose clothing can help block the sun.

Why Is This Important?

Protecting your skin now helps keep it healthy for life. You can still play, swim, and enjoy the summer—just be smart about it! Remember to slip on a shirt, slop on sunscreen, slap on a hat, and wrap on sunglasses. Your future self will thank you!

For more information about UV safety check out www.cancer.org/cancer/risk-prevention/sun-and-uv.

Stay Safe in the Pool

Swimming is a fun way to cool off in the summer, but it's also important to be safe. Every year, some people get hurt—or worse—because of accidents around water. Learning pool safety helps keep you and your friends safe while having fun.

Always Watch the Water

Never swim alone. You should always swim with an adult watching you. Even strong swimmers can get tired or have an accident. The American Red Cross says that an adult should be close enough to help right away if needed.

Learn to Swim

If you don't know how to swim yet, that's okay! You can take swimming lessons at a pool or community center. Knowing how to float, tread water, and swim to the side of the pool can save your life. The Center for Disease Control and Prevention recommends swim lessons to help prevent drowning.

Don't Run Near the Pool!

Pool decks are slippery. Running can make you slip and fall. Always walk slowly near the pool to avoid getting hurt.

No Diving in Shallow Water!

Only dive in places where it says "Safe to Dive." If the water is too shallow, diving can hurt your head, neck, or back. Always check the pool signs and ask an adult first.

Stay Out if You're Sick

If you're not feeling well, it's best to stay out of the pool until you're better. Swimming while sick can spread germs to others—even in chlorinated water. Here are some of the illnesses that mean you should skip swimming:

- Fever or Cold: If you have a fever, cough, sore throat, or chills, you might have a cold, flu, or another virus. These can spread through sneezing, coughing, or even from shared surfaces around the pool.
- Stomach Bug (Not Just Diarrhea): If you feel like throwing up or have a stomachache, it's smart to stay out of the water. Germs from your body can still spread and make other people sick.
- Pink Eye (Conjunctivitis): Pink eye spreads easily. If your eyes are red, itchy, or have discharge, you should not go in the pool until it's gone.
- Open Cuts or Sores: If you have a cut or sore, it could get infected in the pool, and it might also spread bacteria. Cover small cuts with a waterproof bandage—or stay out of the water until healed.



"This Institution is an Equal Opportunity Provider."

Have an upcoming event?

If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or Samantha.Hesson@noblecohd.org

740-732-7387
305 Railroad Street Caldwell, Ohio
nobleema@noblecountyohio.gov

Noble County Emergency Management
Agency
& Homeland Security



Date Release:
06/30/2025

PRESS RELEASE

NOBLE COUNTY UPGRADES EMERGENCY ALERT SYSTEM TO HYPER-REACH

OUR NEW SYSTEM LAUNCHES JULY 1ST, 2025

"Our job is to protect the citizens of Noble County as effectively and efficiently as possible"
-Erica Rossiter, Director Noble county EMA & Homeland Security

KEY BENEFITS OF HYPER-REACH:

- Phone, text, email, and smart speaker alerts
- TTY/TDD support for hearing-impaired residents
- Enhanced location-based targeting
- Multi-language capability
- Free mobile app to manage alerts
- Integration with Alexa-enabled devices

ACTION NEEDED: RE-REGISTER NOW

Residents previously signed up for alerts must re-enroll with Hyper-

Reach to ensure you continue to receive them

- Text "Alert" to 220-758-5080
- Visit: hyper-reach.com/ohnoblesignup.html
- Call 220-758-5080
- Tell your Alexa unit "Alexa, enable hyper-reach"

Noble County EMA & Homeland Security remains committed to the safety, preparedness, and well-being of all residents. With Hyper-Reach, critical updates will reach more people faster and more reliably than ever before.

STAY INFORMED. STAY SAFE. SIGN UP TODAY

CALDWELL SPORTS PHYSICAL CLINIC

ALL SPORTS
EVERY SEASON
FALL THRU SPRING!
GET IT NOW WHILE
IT'S FREE!

NEW
LOCATION!

JULY 15TH

1:00PM-6:00PM

@ CALDWELL HIGH SCHOOL

All forms must be completed and signed
before appointment.

Appointments

Required

740-732-4958



COMPLETED
OHSAA PHYSICAL FORM REQUIRED



ALL VACCINES ARE AVAILABLE DURING
THE VISIT AND BILLED AS APPROPRIATE.
IF UNDER THE AGE OF 18, WRITTEN
PARENTAL CONSENT IS REQUIRED.



NOBLE COUNTY
HEALTH DEPARTMENT



SHENANDOAH SPORTS PHYSICAL CLINIC

ALL SPORTS
EVERY SEASON
FALL THRU SPRING!
GET IT NOW WHILE
IT'S FREE!

NEW
LOCATION!

JULY 16TH

12:00PM-6:00PM

@ SHENANDOAH HIGH SCHOOL

All forms must be completed and signed
before appointment.

Appointments

Required

740-732-4958



COMPLETED
OHSAA PHYSICAL FORM REQUIRED



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NOBLE COUNTY
HEALTH DEPARTMENT



SPORTS PHYSICAL CLINIC

ALL SPORTS
EVERY SEASON
FALL THRU SPRING!
GET IT NOW WHILE
IT'S FREE!

JULY 21ST

1:00PM-6:00PM

@ NOBLE COUNTY HEALTH DEPT.

All forms must be completed and signed
before appointment.

Appointments

Required

740-732-4958



COMPLETED
OHSAA PHYSICAL FORM REQUIRED



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HEALTH DEPARTMENT

